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Have a Nice Day

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Carmichael Times

Volume 34 • Issue 18

Serving Carmichael and Sacramento County since 1981

May 1, 2014

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direct link to our online edition!

Letter Carriers' Stamp Out Hunger



Carmichael residents Jennifer Goldwyn (right) and daughter Lexi offer food donations to mailman, Julian Barbero. Assisted by mail carriers all over America, the Post Office food drive is the largest in the nation. Photo by Susan Maxwell Skinner

By Willie Henderson, Carmichael Postal Carrier

SACRAMENTO REGION, CA (MPG) - Letter carriers walk through the community every day, often coming face to face with a sad reality for too many, hunger. So each year on the second Saturday in May, letter carriers across the country collect Non-perishable food donations from our customers.

These donations go directly to local food pantries to provide food to people in Sacramento who need our help. Last year, we collected over 74 million pounds of food nationally, feeding an estimated 30

million people. Over the course of its 21-year history, the drive has collected well over one billion pounds of food, thanks to a postal service universal delivery network that spans the entire nation.

The need for food donations is great. Currently, 49 million Americans-1 in 6-are unsure where their next meal is coming from. Sixteen million are children who feel hunger's impact on their overall health and ability to perform in school. And nearly 5 million seniors over age 60 are food insecure, with many who live on fixed incomes often too embarrassed to ask for help.

Our food drive's timing is crucial. Food

banks and pantries often receive the majority of their donations during the thanksgiving and Christmas holiday season. By springtime many pantries are depleted, entering the summer low on supplies at a time when school breakfast and lunch programs are not available to children in need.

Participating in this year's letter carrier stamp out hunger food drive is simple, just leave a non-perishable food donation in a bag by your mailbox on Saturday, May 10th and your letter carrier will do the rest. We invite you to join in America's great day of giving and help us in our fight to end hunger.

Vote to Win in 2014 Best of Carmichael!

CARMICHAEL, CA (MPG) - You know your favorite spots in Carmichael, so let your voice be heard. You'll automatically be eligible to win River Cats tickets just for voting!

Categories are: Best Breakfast Restaurant. Best Lunch Restaurant, Best Dinner Restaurant, Best Burger in Town, Best Pizza in Town, Best Family Fun Spot, Best Grocery Market, Best Spa/Hair Salon, Best Health/ Fitness Spot, Best Car Care Service, Best Pet Care Service and Best School.

Get your vote to Messenger Publishing Group no later than 6:00 p.m. on May 14th. You can vote online at www. BestofCarmichael.com.

Best of Carmichael winners will be presented at this year's Taste of Carmichael event. This year's event will be held at the La Sierra Community Center, 5325 Engle Road, Carmichael on May 16th, 2014 from 5:00 p.m. - 8:00 p.m. ★

Meet Your Republican **Candidates Luncheon**

By Kay Burton

SACRAMENTO REGION, CA (MPG) - On May 7th, the Sacramento Republican Women Federated will have a "Meet Your Republican Candidates" luncheon meeting at 11:00 a.m. at North Ridge Country Club, 7600 Madison Ave., Fair Oaks, CA. The cost of the luncheon is \$27 per person. To make Reservations, please call their Reservation Hot Line at (916) 733-1623 or visit www.sacramentorwf.org.

Republican candidates for local and state offices have been invited to mingle, share their platforms and answer questions during this information meet and greet session. Candidates will be given a few minutes to present their qualifications and why they are running.

This will be your chance to meet and mingle with the candidates and ask them about their positions on the issues that matter the most to you.

Source: the Sacramento Republican Women Federated, www.sacramentorwf.org.

Sac Metro Reports Twin Fires



SACRAMENTO REGION, CA (MPG) -Mid-day on April 25th, crews from Metro Fire were kept busy on multiple fires. The first incident occurred in the 11200 block of Point East Drive in Rancho Cordova where smoke and fire was noticed along the roof area of the commercial office building at that location.

Within moments, fire personnel

from Metro Fire were on the scene reporting smoke coming from the soffit area at the roof line of a two story building. The occupants were evacuating and crews initiated aggressive actions which significantly limited the growth of the fire protecting over 1.5 million dollars in potential loss to the building and property. The Metro Fire Investigations Unit is still determining the cause, but the origin was above the location of the fire sprinkler system in the building which would have had devastating effects had it gone unchallenged.

The second fire occurred in a garage in the 6000 block of Landis Avenue in the Carmichael region of Sacramento County. This incident was less than 30 minutes after the start of the Rancho Cordova commercial fire incident and highlights the ability of Metro Fire to mitigate multiple incidents at one time even during a time when there has been reductions in staff and equipment due to budget constraints. On the Landis incident the homeowner was alerted to a fire in his garage and attempted to extinguish it on his own. When

fire crews arrived they conducted a primary search and extinguished the fire prior to any significant structural damage to the detached garage.

No citizens or firefighters were injured as a result of these incidents. For more information, visit www.

metrofire.ca.gov and sign up for our E-newsletter.

Metro Fire reminds you to please pull to the right and stop when you see responding emergency vehicles.

Source: Sacramento Metropolitan Fire District P.I.O.

Carmichael Canine Corral Association Clothing Drive Fundraiser

Carmichael Canine Corral Association in partnership with ReUseIt is making it easy to declutter homes while making a difference locally by hosting a two week clothing drive from May 19th through June 1st. The clothing drive will take place at the ReUseIt Donation Center located at 6328 Fair Oaks Blvd. in Carmichael.

All donations dropped off at the Carmichael Donation Center during the 2-week period directly benefits Carmichael Canine Corral Association and Big Brothers Big Sisters of the Greater Sacramento Area. This unique fundraiser does not cost any money and it promotes responsible recycling, helps our landfills and the environment. It is a great way to give back to the local community while raising money for Carmichael Canine Corral Association.

accepted include usable clothing, shoes, jewelry, belts, purses, backpacks, bedding and linens, housewares, hardware, toys, sporting goods, small working appliances and some furniture.

The Canine Corral was the first off-leash dog park to be developed in Carmichael, California. It has been in operation for nearly fourteen years. The Corral is a very popular gathering place for residents of both Carmichael

and the surrounding neighborhoods. Dogs and their owners come from Fair Oaks, Foothill Farms, Arden Arcade, Citrus Heights, Orangevale and North Highlands. A current survey indicates that approximately 4,400 dogs visit the park each month with over 1100 visits each week. However, after twelve years, the Corral was in need of a renovation.

The Corral is now under restoration. The grading work started April 7th. The project is scheduled to be completed in mid- September. As with all construction, the Corral board is finding that there are extra costs that are not in their budget. Money raised during the clothing drive will help fund the renovation.

This unique recycling fundraiser event is sponsored by ReUseIt, a registered, commercial fundraiser in the state of CA and a local business that provides support & service to nonprofit organizations in our local communities. The ReUseIt team has over 40 years of experience in the household recycling industry, and is dedicated to making a difference locally. ReUseIt offers local nonprofit organizations the opportunity to raise important funds for their cause without having to spend a dime. All donations are tax deductible.

Source: Carmichael Canine Corral Association, ReUseIt C.O.C.



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Kindest Cut Launches New Health Program



San Juan School District children will be among beneficiaries of the program. Thomas Edison Elementary pupils joined physician and Congressman Ami Bera (back, center) to inspect the mobile clinic.

Story and Photos by Susan Maxwell Skinner

VIPS at the ribbon-cutting, grade school kids' excitement might have heralded an ice cream parlor opening. If not dessert, Thomas Edison Elementary pupils were getting something they deserved, access to wellness.

They beheld a first of its kind vehicle for Sacramento. The new mobile health clinic will deliver a program dubbed Health on Wheels. In the style of traveling libraries and blood drives, the 44 foot van will roll into San Juan District schools this summer. With a \$400,000-plus price tag, it contains two state of the art examination rooms. Children and parents from low-income and immigrant neighborhoods will be among the first customers.

Elica Health Centers are federally qualified health centers and have added the vehicle to their

locations.

SUNDAY

SATURDAY

SATURDAY

THURSDAY

WEDNESDAY

WEDNESDAY

Sacramento services. A grant partnership between Elica and San Juan School District enabled Affordable Health Care Act funding for the purchase. At-risk children, including those from Encina High and Howe, Dyer-Kelly, Thomas Edison and Greer elementary schools, may seek treatment from onboard medical professionals.

The truck's other function is to initiate children and families into health care systems. It will also provide referrals to hospitals and benefit programs. The clinic may also visit at-risk folk through churches, food banks and homeless shelters.

"We are breaking out of traditional boxes by reaching people who have not been reached before," said Elica CEO Elizabeth Cassin at the truck's recent welcome event. "We can take pride (in improving) the health of our under-served and immigrant families."

Kaiser Permanente Chief Physician Robert Azevedo (whose organization joined Dignity Health as co-sponsor) deemed the 44 ft van "a wonderful gift." He predicted it would help "some of the most vulnerable people in the community"

ble people in the community."
Fellow ribbon cutter
Congressman Dr Ami Bera
added: "Speaking as a doctor,
I know it's not enough to give
someone an insurance card. If
you don't have access to a doctor
or nurse, you don't have access

to care."

Those selected San Juan schools serve diverse and needy populations; most students receive free or subsidized lunches. San Juan District Superintendent Kent Kern predicted the mobile clinic would make students "healthier, happier and more ready to learn."

For more information on the Health On Wheels program, visit www.elicahealth.org. ★





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Carmichael Park Farmers Market

5750 Grant Avenue, Carmichael (Corner of Grant & Fair Oaks Boulevard under the trees in the Park). Every Sunday from 9 am to 2 pm - all year round.

Sac Unity Farmers Market NEW MARKET OPENING MAY 31!

9249 Folsom Blvd, Sacramento (at Unity of Sacramento Church) on Saturdays

Sacramento Midtown Farmers Market

2020 J Street (Between the STANF Native American Health and Bioware buildings). Every Saturday from 8 am to 1 pm - all year round, rain or shine.

Sunrise Mall Farmers Market

6190 Sunrise Boulevard, Citrus Heights (behind Sears located in SE Parking Lot). Open every Saturday from 8 am to 1 pm - all year round.

Historic Folsom Farmers Market

915 Sutter Street, Historic Folsom Public Plaza, Folsom. Every Saturday from 8 am to 1 pm - all year round

UC Davis Health System Farmers Market

45th and Y Street (UC Davis Campus). Seasonal - Opens 4/24. 3 pm - 7:30 pm

Fair Oaks Farmers Market NEW LOCATION, LOTS OF PARKING! 8101 Sunset Ave. (New Life Church). Seasonal - Opens 4/16. 3 pm - 7:00 pm

VA Mather Farmers Market

10535 Hospital Way (VA Hospital). Seasonal - Open Now. 9 am - 1 pm

For more information: www.bemoneysmartusa.org

Publisher, Paul V. Scholl

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Carmichael Times

"Written by the people and for the people" Serving Carmichael and Sacramento County since 1981

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Forgotten Warrior is a non-profit organization in Sacramento that helps veterans in the community, and we are expanding! We are hosting an upcoming event called Welcome Our Warriors (WOW) to help fund the opening of a new shelter exclusively for veterans. The event will be an Art and Wine night on May 15th, and you are invited!

Our organization focuses on the needs of veterans and their families in the greater Sacramento area. Such needs may include acquiring VA benefits, temporary to permanent housing, health care, continuing education, and finding gainful employment. We also strive to meet the most immediate needs in emergency situations. The new shelter will focus on helping veterans suffering from PTSD and other ailments reenter society.

Some of the services Forgotten Warrior provides are:

Food for Heroes: We feed 500 veteran families a week, we distribute foods to the homeless, disabled, elderly, and

low income veterans in the Sacramento area and additional surrounding counties.

The Dream Catcher Project: Under the direction of Wind Walker, this self-help/veteran to veteran life coaching program is designed to help veterans and their families learn how to deal with PTSD and other challenges and traumas associated with military service. Natural healing tools such as meditation, hypnotherapy, and herbal remedies are being used.

Vets for Pets: Forgotten Warrior provides emergency funding to pay for veterinarian care of low income veterans'

Housing: Forgotten Warrior provides housing referrals and emergency assistance to address the overwhelming amount of homeless veterans in the five counties we serve. We are currently underway building a 30 bed facility to help house some of this increasing population.

Education: Veterans earn a Life Coach certificate by parteaches them how to adjust their belief system from anticipating failure and anticipating success. Veterans are referred to local colleges and universities and/or enroll in Dr. McQueen's career/academic assessment, counseling, and job training curriculum.

Please come out and show your support to the veterans on May 15th at this wine and hors d'oeuvres event, 6 p.m. to 9 p.m. at the Sacramento Art Complex, 2110 K Street. We are excited to note that we will have some lovely entertainment from three veterans: performer Daryl Black from X-factor, guest speaker Col. Randall Ball and artist Michael Rogan.

Tickets are \$45 in advance, \$50 at the door, or \$40 each in groups of five or more. Please consider joining us in our cause as we come together as a community to help our veterans.

For information and tickets. call (916) 533-9811 or visit www.WelcomeOurWarriors. BrownPaperTickets.com.

Source: Forgotten Warrior

Attention at Salon Ooh La La

By Linda Harper

CARMICHAEL, CA (MPG) -Sometimes, to write a story it's best to experience the subject in order to gain the full scope of details. Two weeks ago I walked into Salon Ooh La La in Citrus Heights for the first time to get my hair cut.

Once I entered the salon, I felt an immediate sense of relaxation, comfort and a refreshing aura of professionalism. Quiet, tastefully decorated surroundings added to the appeal. Salon owner Paulette Susnjara greeted me at the door in a friendly and inviting manner. At Salon Ooh La La customers will never be asked to "take a number." And no one will be directed to join a group of anxious patrons, waiting for the next available stylist to summon them for a quick "snip, clip or buzz."

Paulette sees one customer at a time. While at Salon Ooh La La, clients receive her full attention and respect. She knows how important and individualized a person's hair is to them. Before embarking on hair cutting, styling or color, Paulette begins a conversation to give her a clear understanding of what her client is expecting to receive from their visit to the salon. Next, she sets out to meet that expectation. With all the creative precision and grace Paulette's 27 years of experience as a hair stylist and certified Redken Colorist has taught her, she begins her

artistry. The final result is one of perfection.

Paulette Susnjara's goal is to provide excellent and knowledgeable customer service in an atmosphere of individual attention. Salon Ooh La La has been a home based business in Citrus Heights for 12 years, and Paulette has enjoyed customer loyalty for as long. Clients come from as far as El Dorado Hills to delight in the benefits of Salon Ooh La La.

Affordable services at Salon Ooh La La include hair cuts and styling, color, highlights, perms, eyebrow and lip waxing, and men's haircuts. To make an appointment at Paulette Susnjara's Salon Ooh La La, call (916) 721-0245.



Open House May 3rd, 2014



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For more information visit our website or contact one of us. Jim Eilering (916)-715-1738 or Dave Candey (530)-304-7230 LWSailing.org



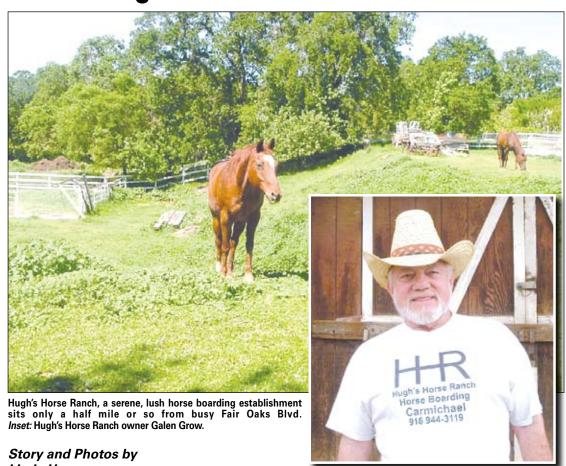


Order tickets directly at www.WelcomeOurWarriors.BrownPaperTickets.com



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Hugh's Horse Ranch Offers Quality Horse Boarding Minutes from Fair Oaks Blvd.



Linda Harper

CARMICHAEL, CA (MPG) - In 1910, Carmichael was named for Dan Carmichael, the largest land owner in the area. He thought there was no other tract of land in the region so large with so much beauty. This is what Galen Grow's Grandparents also realized when they settled on a piece of property on Grant Avenue in 1938. A portion of that original acreage is where Galen grew up, and where Hugh's Horse Ranch, a serene, lush horse boarding establishment sits, only a half mile or so from busy Fair Oaks

Turning at the white split rail fence marking 6421 Grant Ave., begins a journey down the long driveway surrounded by tall, mature trees shadowing wild ivy, ferns and green clover. Once

the driveway ends, a panoramic view of horses grazing happily on green grass in a large, fenced arena and a large barn housing horse stables can be seen. Various outbuildings, including Grow's home add to the property's simplistic ambiance. A flat spot on the far hill to the left is measured off to accommodate horse trailers, and to the right is a cement wash rack which is used to give the horses a solid, mud-free place to stand while being bathed.

Inside the barn are large, 12'X 12' pipe corral stalls with a 16' X 12' paddock. Included in the area are individual secure tack lockers, some with a saddle rack. An automatic watering system insures there is always fresh water for the horses. Above, a hay loft is full of bales of alfalfa, ready to feed boarded horses twice daily.

When meeting Galen Grow for the first time, it's evident he loves his ranch and he's honored to serve the horses boarded there. With over 30 years experience, he knows what he's doing and he's proud of how well he takes good care of "everyone." He knows each horse personally, and their fondness of one another is mutual. As soon as he comes into sight, his equine friends rush to greet him with a playful nudge.

For anyone looking for a quality place to board a horse, consider Hugh's Horse Ranch. Your horse will be glad you did.

For more information or to schedule an appointment to tour his ranch, call Galen Grow at (916) 944-3119.



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rden Playhouse

PRESENTS

Have a Nice Day

Written and Directed by Michael Messmer

SACRAMENTO REGION, CA (MPG) - What would you do if you'd spent months of backbreaking labor on the most important project of your life only to have someone shows up ready to demolish what you've

Amanda and Marv Dillon moved west to build their dream home (actually just a cabin in the mountains) and get away from all the rules and regulations of urban society. Although they don't know anything about construction, they've been working for months building their new home. They've had help from Jo, a local contractor who is a taskmaster and has an endless supply of old sayings to keep the couple working. The job is so hard and frustrating that they've started giving names...not always nice names...to the sewer tiles, plasterboard and other things they've broken. But, in the process, they've become very attached to and proud of what they've accomplished.

Then they get a visit from Bobby and Tina, a brother and sister who are also the local building inspectors...and things get complicated very fast. For one thing, it turns out there is a bit of bad history between Tina and Jo. For another, it turns out that Jo doesn't have a contractor's license.

Although Jo has enough experience with Tina to know that the inspection can get ugly, it isn't until Tina and Bobby start destructive testing that Amanda and Marv become alarmed. First, Marv has a painful encounter with Tina when he tries to stop Bobby from drilling in the sewer leach line he has just completed. But, when it appears that Tina is going to attack some of the sheetrock that Amanda has finally learned to install without breaking, Amanda acts to protect her walls and her home in a very dramatic way that turns everything upside down.



With the help of inspectors Tina (Susan Wheat, standing center) and Bobby (Andy Anthony), contractor Jo (Rebecca Keller) jokes about one more big complication without realizing how much of a shock it is for the seated Amanda (Patty Thiel) and Marv (Scott Plotkin) in the Arden Playhouse production of HAVE A NICE DAY. Photos courtesy of Arden Playhouse (Michael Messmer).

Performances are at 8 p.m. Fridays and Saturdays: May 2, 3, 9, 10, 16, 17, 23, 24, 30, and 31. Sunday Matinees are at 2 p.m. May 4 & 18.

All tickets are \$15 with a reservation and \$18.00 at the door. (Cash or check only.) Tickets can be reserved by calling (916) 332-2582. Arden Playhouse is located at 5640 Roseville Road, Suite D, Sacramento, and seats 150.

For more information about Have a Nice Day or to find out about our group discounts, call the theater office at 332-2582, email admin@ardenplayhouse. com, arden@ardenplayhouse. com, or check the website ardenplayhouse.com.

Arden Playhouse is a community theater dedicated to continuing its tradition of presenting entertainment in a casual setting.



Building inspector Tina (Susan Wheat, right) has a firm grip on Marv (Scott Plotkin) after he tried to stop her brother from drilling on the sewer leach line as his wife, Amanda (Patty Thiel) tries to calm him down and Jo (Rebecca Keller) begins to realize how difficult the inspection is going to be in the Arden Playhouse production of HAVE A NICE DAY.

"Nicolas' Garden" Team Earns **Top Prizes at SPRA 'Cappie' Awards**

CARMICHAEL, CA (MPG) - "Nicolas" Garden," (NG) the digital platform created by (now) nineyear-old Entrepreneur Nicolas Come, earned top honors at the recent, Sacramento Public Relations Association, "Cappie" Awards of Excellence. "Nicolas' Garden" was honored to receive three Gold "Cappie" Awards for communications strategic planning and execution excellence, in the categories of, "Continuing Public Relations Campaign," "Short Term Public Relations Campaign," and "Pro Bono Campaign" (for then NG volunteer) Drisha Leggitt. Leggitt also earned two other Bronze "Cappie" Awards for Pro Bono and Short Term work promoting "America's Next Top Model" Winner Naima Mora and Sacramento Fashion Week.

"Our entire team feels so honored to even be nominated with, and among, the best public relations agencies and organizations in the world," states Drisha Leggitt, President and CMO ("Chief Momentum Officer") of Nicolas' Garden. "Our team is incredibly small, and primarily volunteer. Our resources were/are also very limited. But we planned our communications strategy carefully; focused on creativity and occasional gambles - such as insisting that Nicolas wear an old-style Reporter's hat and suit during his "Healthy Kid Reporter" White House visit - remained persistent, and kept our media friends and partners appraised of every new, Nicolas' Garden activity or milestone. So far, this strategy seems to have paid off. We are very lucky to have developed positive relationships with media worldwide. And the Sacramento Public Relations Association has flattered us by acknowledging



Nine-year-old "Nicolas' Garden" Founder Nicolas Come, and his partner and "Nicolas' Garden" President/CMO Drisha Leggitt, proudly display five "Cappie" Awards of Excellence presented to the "Nicolas' Garden" team by the Sacramento Public Relations Association (SPRA), at the 27th Annual SPRA "Cappies" Awards Gala. (Photo provided courtesy of Stephane Come & "Nicolas' Garden").

our hard work to inspire healthier kids. We couldn't be more pleased and humbled by this recognition!"

Nicolas Garden is a Mobile App, digital platform, and trusted brand, promoting healthy, "Farmto-Fork" behaviors, by allowing children and families to share healthy, family- and kid-friendly recipes, create meal plans and shopping lists, learn easy and fun cooking tips, play healthrelated games, and link to other healthy programs and services. The Nicolas' Garden Mobile App was developed by (then) eight-year-old Entrepreneur Nicolas Come and volunteers at a "Hackathon" coding competition at Sacramento's Hacker Lab. Since its launch last Summer, "Nicolas' Garden" has generated over 16 million positive media impressions worldwide, Nicolas met the President of the United States, and cooked with Celebrity Chef Jamie Oliver, and is now recording and will soon be airing, a "by kids; for kids," "Farm-to-Fork Fun Show", teaching children about their food's origins and how-to make

tasty, healthy meals with it.

"My App shows kids that growing and cooking their own food can be fun," describes Nicolas Come, Founder of Nicolas' Garden. "The 'Nicolas' Garden' Mobile App lets kids help their families be healthier. And teaches them that sharing our good food ideas can help everyone and taste good!"

Leggitt concluded, "The Nicolas' Garden team offers a hearty congratulations to Communications Legend Jane Einhorn, of Runyon, Saltzman & Einhorn, for winning the Sacramento Public Relations Association's "Lifetime Achievement Award"; as well as to Nicolas' Garden friends Laura Braden and "Carmichael Dave" of the Sacramento Kings, for receiving the very well deserved, "PR Professional of the Year," and "Volunteer of the Year" respectively. We are also thankful to SPRA for hosting a special tribute to the late, great Bob McCafferty - a mentor and a friend to so many communicators (like me). And finally, we very enthusiastically and sincerely thank SPRA President Erin Dunlay, Cappie Co-Chairs Chelsae Minor and Patrick Kavadeles and their Cappie Committee, and the judges in the Raleigh Public Relations Society, for recognizing our team with the Cappie Awards honors. We are so thankful to you all! And well done on a wonderful awards competition and gala!"

For further information and a list of all of the 27th Annual SPRA "Cappie" Award winners, please go to http://spra. org/events/cappies/. For more information regarding Nicolas' Garden, please visit www.NicolasGarden.com or https://www.facebook.com/ NicolasGardenOrg?fref=ts.

Chamber, Park District to Hold Community Yard Sale



CARMICHAEL, CA (MPG) - - Are your garage and closets getting too cluttered? Come join the Carmichael Chamber of Commerce and Carmichael Recreation & Park District for a Community Yard Sale on Saturday May 3, 2014 from 8:00 a.m. to noon in the parking lot of La Sierra Community Center, 5325 Engle Road in Carmichael. You can get a 10 x 10 booth space for just \$20 or 2 spaces for \$30.

Bring your household items, collectibles, toys, and other items to sell. If you can't be there that day but want to get rid of your clutter, please donate your items to the Carmichael Chamber to sell. Proceeds from the booth rentals will benefit the Carmichael Commu-nity Beautification Program.

Please call the Chamber at (916) 481-1002 if you have items to donate. For booth space, contact Tracy at Carmichael Recreation & Park District at (916) 485-5322. The Salvation Army will have a truck available after the event to accept any left-

Source: Carmichael Chamber of Commerce

In Celebration of Unity of Sacramento's 67th Anniversary & 25th Anniversary of **Best Selling Book** The Seat of the Soul





Sunday, May 4, 2014 2:00 pm - 5:00 pm (workshop) **Tuition: \$50.00 Unity of Sacramento** 9249 Folsom Boulevard, Sacramento CA 95826

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For More Information and Registration: (916) 368-3950 or visit www.unityofsacramento.com



The Carmichael Soccer Club,

founded in 1972, and located in the heart of Carmichael is registering new players for the upcoming soccer season. If you have a child between the ages of 4 and 18 and can drive your kids to the area for practice and games, you should sign them up.

No experience is necessary so come join us today. Go online to Carmichaelsoccer.org to begin the registration process or come see us at our in person registrations at the Carmichael Library, 5605 Marconi Ave on:

May 31st (12-5 p.m.) • May 8th (6-8 p.m.)

Soccer is the world's most popular sport for good reasons: 1) It is safe 2) It is affordable 3) It is fun to play 4) It is easy to learn.

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If you want to become more involved, come to a board meeting and consider joining our board. Meeting times and locations are on our website under the Calendar.





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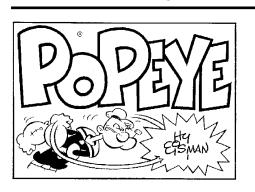
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Carmichael Times Page 6



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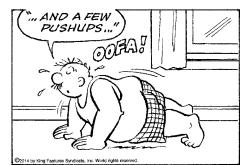
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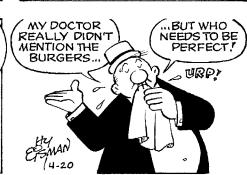




MISTER BREGER



By Dave Breger



LAFF - A - DAY

Just Like Cats & Dogs

by Dave T. Phipps

May 1, 2014



HUBERT - - By Dick Wingert



"There, there, dear—I KNOW you wanted to surprise me—you DID!"

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Current and Upcoming Events

Focus on Fiber: Coming June 3rd!

17A

"Painting Where the Wild Things Are" Exhibit

May 13-30, 2014

Reception with live music, awards presentation, refreshments, May 17, 2014, 5:30 - 8:30 pm

This Exhibit is a Preview for the Gala and Auction at the Effie Yeaw Center Center, May 31, 2014. Tickets: www.sacnaturecenter. ¬m Benefiting ARNHA & the Effie Yeaw Nature Center



Foyer Gallery: "Hang Out and Do Art" Artists

'Untitled" by

Jack Calvin Warren

"Celebrating the Figure" Featuring drawings, paintings, and sculptures by the

Friday Morning Figure Study Group April 22-May 10, 2014

Club Meetings

Wash Inc. May 12, 2014 • 1:30 pm Juan Pena • Plein Air Watercolor

NCA Next meeting is 7 pm May 14, 2014 Catherine Turrill CSUS Dept. of Art Chair

Photo Club Meets • 4th Thursday 7 PM Fiber Arts Group • NEW! Meets 3rd Wednesday 10 am

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ARIES (March 21 to April 19) You might be tempted to be more assertive when dealing with a job-related matter. But a carefully measured approach works best at getting the cooperation you're looking for.

TAURUS (April 20 to May 20) While others urge you to act now, you instinctively recognize that a move at this time is not in your best interests. You should know when to do so by week's end.

GEMINI (May 21 to June 20) A busy schedule keeps you on the move for much of the week. But things ease up by the time the weekend arrives, allowing you to reconnect family and friends.

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Thought for the Day: "I have never let my schooling interfere with my education." — Mark Twain

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CANCER (June 21 to July 22) Travel dominates the week, and despite some delays in getting to where you want to go, the overall experience should prove to be a positive one in many ways.

LEO (July 23 to August 22) Your Leonine self-confidence comes roaring back after a brief period of doubt and helps you get through a week of demanding challenges and ultimately emerge triumphant.

VIRGO (August 23 to September 22) Virgos who have made a major commitment -- personal or professional -- should be able to tap into a renewed reservoir of self-confidence to help them follow through.

LIBRA (September 23 to October 22) You soon could receive news from a surprising source that could cause you to change your mind about how you had planned to deal with an ongoing job-related problem.

SCORPIO (October 23 to November 21) A surprise move of support from a colleague who has never been part of your circle of admirers helps influence stability in your relationships. others to take a new look at what you've put on the table.

SAGITTARIUS (November 22 to December 21) While a bold decision to take an "I know what I'm doing" approach impresses some colleagues, it also raises the risk of causing resentment among others.

CAPRICORN (December 22 to *January 19*) A misunderstanding 'twixt you and a friend might not be your fault at all, despite what he or she suggests. Talk it out to see at what point the confusion might have started.

AQUARIUS (January 20 to February 18) Getting into a community operation fulfills the Aquarian's need to help people. It also can lead to new contacts that might one day help you with a project.

PISCES (February 19 to March 20) A minor problem could delay the start of a longanticipated trip for two. Use the time to recheck your travel plans. You might find a better way to get where you're going.

BORN THIS WEEK: You are a dedicated romantic who seeks both excitement and (c) 2014 King Features Synd., Inc.



COUCH THEATER --**DVD PREVIEWS** By Sam Struckhoff

EDITOR'S NOTE: DVDs reviewed in this column will be available in stores the week of *May 5, 2014.*

PICKS OF THE WEEK



Kristen Bell in "Veronica Mars"

"The Art of the Steal" (R) --Death-defying stuntman Crunch Kalhoun (Kurt Russell) is sick of botching motorcycle jumps at monster truck rallies. He contacts his half-brother (Matt Dillon) to set up one more big art heist. With Crunch as the "wheelman," they assemble a team to fill out the rest of the heist-movie roles. Their eyes set on an antique book worth \$20 million, Crunch and the gang banter and bicker their way through a typically twisty-turny art heist.

Without breaking the boundaries of the genre, "The Art of the Steal" manages to entertain. There's the plucky ensemble, the hyperactive narration, the motorcycle stunts and misdirects -- everything that's required.

"Generation War" -- This German mini-series seeks to tell the story of the ordinary Germans who came into adulthood during World War II, but who were not Nazis. The five main characters are friends in their 20s: Wilhelm and Friedhelm are brothers headed for the Eastern front; Charlotte is a nurse who has feelings for Wilhelm; and Viktor is a Jewish tailor who is dating aspiring singer Greta. The story covers about four years, beginning in summer

1941, when the friends believe the war will be over by Christmas.

The miniseries has drawn a great deal of praise and controversy around the world. The main characters aren't the monsters we're used to seeing in WWII films about Germans, but they aren't totally innocent to what's going on around them.

"Burn" -- In Detroit, neighborhoods are full of buildings sitting vacant and in disrepair -- each one a potential flashpoint for a deadly urban blaze. As urban decay sets in around dwindling jobs and slashed budgets, life-saving public services become even more crucial. This documentary follows the firefighters of Detroit's Engine Company 50. Their wages are frozen, their numbers are few, they're making do with damaged and outdated equipment, and the city has never needed them more. The film balances discussion of the larger issues with up-close looks at the brave individuals who serve.

"Veronica Mars" underrated television show was canceled years ago, but fandemand for a Veronica Mars movie was so enthusiastic that a feature-length release with the original cast has materialized. Veronica (Kristen Bell) has put her amateur-detective days behind her, and no longer wants anything to do with private investigations. When she's on the doorstep of finishing her law degree and starting a new life, she gets a call from her ex, Logan. He's been accused of murder, and he needs Veronica's help. There's plenty of fan-appreciation in the script, but it's also a real-deal detective thriller that anyone can appreciate.

TV RELEASES

"China Beach: Season 3"

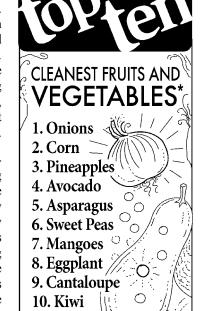
"Rookie Blue: Season 4"

"Laverne & Shirley: Eighth & Final Season"

"A Celebration Of Blues And Soul: The 1989 Presidential Inaugural Concert"

"Doomsday Preppers: Season 3"

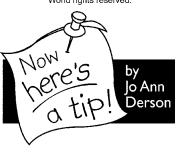
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Source: Environmental Working



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• Cut a paper grocery bag open and then cut it to fit the top of your refrigerator. It will catch dust and kitchen grease, and keep the top clean. It's free and replaceable as often as needed.

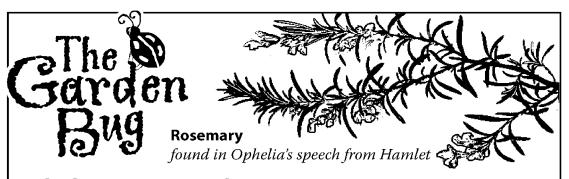
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A Warbler Affair The other day I came home to a

yard filled with warblers. There were three black and white warblers chasing each other around some pine trees. And my tray feeder had yellow-rumps, yellowthroated and pine warblers all eating sunflower chips. It was quite the sight!

E-mail: birdingbits@cfl.rr.com



Shakespeare gardens, created to honor the famous playwright, are found throughout the U.S. and Britain. They contain plants and flowers mentioned in his works and those found in his own private garden in Stratford-upon-Avon. One of the most famous of these gardens is in Central Park near the Delacorte Theatre, site of the "Shakespeare in the Park" series held each summer. - Brenda Weaver

Source: www.centralpark.com

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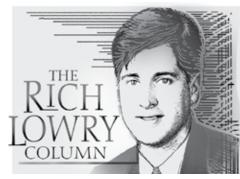
May 1, 2014











THE RICH LOWRY COLUMN By Rich Lowry

The Equal-Pay Canard

To paraphrase the line often attributed to Mark Twain, there are lies, damn lies and the "equal pay" statistic.

The factoid that women earn only 77 cents of every dollar earned by men is the focal point of a feminist cargo cult. It has its own movement and its own quasi-holiday, the so-called Equal Pay Day, marking how far into a new year women supposedly have to work to match what men made the prior year. The figure is presumed to clinch any debate over the continued existence of massive discrimination against women in the workforce.

Drawn from Census Bureau data, the 77-cent stat is a comparison of the earnings of women working full time to men working full time. Its fatal flaw is

2

GOT LOCAL NEWS?

factors that play into the disparity, such as hours worked.

Mark Perry and Andrew Biggs of the American Enterprise Institute note that men are twice as likely to work more than 40 hours per week as women. Then there are differences in choice of occupation, in education and in uninterrupted years of work. Once such factors are taken into account, there is about a 5 percent differential in the earnings of women and men, about which various theories are plausible, including the effect of residual discrimination.

What is clear is that the wage gap is largely an artifact of the fact that women devote more time to caring for children than do men. Harvard economist Claudia Goldin points out that the earnings of women without children are almost equal to those of comparable men. Feminists are mistaking a byproduct of the laudable desire of mothers to spend time with their kids for a depredation of

When asked in an MSNBC interview about the reliability of the pay-gap number, White House economist Betsey Stevenson confessed: "I agree that the 77 cents on the dollar is not all due to discrimination. No one is trying to say that it is. But you have to point to some

that it accounts for none of the important number in order for people to understand the facts."

> There you have it: For people to understand the facts, you have to give them an easily misunderstood statistic, usually without necessary context and spun in the most inflammatory fashion possible. Enter President Barack Obama. He wrings every bit of dishonesty he can out of the number.

At the Equal Pay Day event at the White House, he marveled at the simplicity of it all: "A woman has got to work about three more months in order to get what a man got because she's paid less. That's not fair. That's like adding an extra six miles to a marathon."

Such is his subtle rendering of a number that even his own economic adviser admits must be handled with care.

Hillary Clinton, whose prospective presidential campaign will be predicated on every feminist cliche her supporters can muster, tweeted on Equal Pay Day, "20 years ago, women made 72 cents on the dollar to men. Today it's still just 77 cents. More work to do."

Yes, never tire or relent. The flogging of the bogus statistic can never end.

Rich Lowry is editor of the National

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YOU TRUST YOUR EYES? There are at least six differences in drawing details between top and bottom panels. How quickly can you find them? Check answers with those below.

Differences: 1. Slick is shorter. 2. Jacket is opened 3. Binoculars are missing. 4. Cap is different. 5. Flashlight is missing. 6. Squirrel is missing.

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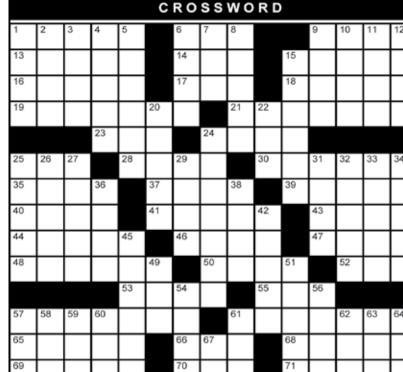
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- 1. Swahili or Zulu
- 6. French lake 9. Marcel Marceau, e.g. 13. Type of squash
- 14. In the past 15. Engaged for a fee
- 16. Considered a representative of Allah
- 17. Month of Pearl Harhor attack
- 18. African antelope 19. *Chelsea's politically-
- minded mother
- 21. Funeral rite
- 23. Tell tall tale 24. Can of worms
- 25. Corn holder 28. Ranee's husband
- 30. Popular pet rodent 35. Acted like
- 37. Leave behind 39. Spacious 40. "Just along for the
- 41. *" Mia!"
- 43. Heroes 44. On the rocks
- 46. Nervous biter's victim 47. Fit of shivering 48. "A Series of
- Unfortunate Events' author
- 50. The Three Tenors, e.g.
- 52. He is
- 53. Lunch stop 55. *Rob to new mom Kim Kardashian
- 57. *Minnelli's mother
- 61. One who moves from place to place
- 65. Bay window 66. *Biblical matriarch
- Sarah had this many children 68. More capable
- 69. Like a wave caused by the moon
- 70. Shot in track and field 71. Japanese-American 72. Door fastener

73. Type of wood often used for

- furniture 74. Walk loudly
- DOWN
- 1. Johann Sabastian 2. Popular smoothie berry
- 3. Winningest Super Bowl coach 4. Do-re-do-re-do-re, e.g.
- 5. Like life, according to some 6. *Juliet's mother, ____ Capulet 7. Often checked in a bar
- 8. Warming winter beverage 9. 5,280 feet 10. Saudi Arabia's neighbor
- 11. Maître d's list
- 12. *Christian Science founder. Mary Baker
- 15 *Scarlet letter-wearing mother 20. Camelot, to Arthur 22 Tom Hanks' 1988 movie

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- 32. When it breaks, the cradle will fall
- 36. Art style popular in 1920s and
- 42. Cover story 45. Ultimate goal
- 54. Parkinson's disease drug 56. Lunar path
- 59. Purges
- 60. ____ year 61. Made in "Breaking Bad"
- 62. Additionally 63. Indian Lilac
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- 29. *"Mommy Dearest" 31. Parks or Luxemburg
- 33. Permeate 34. Plural of "Ivsis"
- 1930s 38. Arab chieftain
- 49. Japanese capital 51. Liver or kidney, e.g.
- 57. Music style with gloomy lyrics 58. "Tosca" tune
- 64. Stumble

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DID YOU KNOW Newspapergenerated content is so valuable it's taken and repeated, condensed, broadcast. tweeted. discussed posted, copied, edited, and emailed countless times throughout the day by others? Discover the Power of Newspaper Advertising. For a free brochure call 916-288-6011 or email cecelia@cnpa.com

DID YOU KNOW that not only does newspaper media reach a HUGE Audience, they also reach an EN-GAGED AUDIENCE. Discover the Power of Newspaper Advertising. For a free brochure call 916-288-6011 or email cecelia@cnpa.com (Cal-SCAN)

Antiques/Collectibles Wanted

Old Railroad Items Wanted: lanterns, locks, china, paper, etc Call (916) 663-2463 (MPG 06-30-14)

Old Porcelain Signs Wanted oil & gas, highway, RR, etc. Call (916) 663-2463 (MPG 06-30-14)

Apartments For Rent

RETIREMENT APARTMENTS, ALL INCLUSIVE. Meals, transportation, activities daily. Short Leases. Monthly specials! Call (877) 210-4130 (NANI)

Attention Local Tow Companies

Rancho Cordova Police Department is now accepting applications for its rotational tow contract. For minimum qualifications and for information on how to apply, please contact Rancho Cordova Police Department at 916-875-5709 or visit the Police Station at 2897 Kilgore Rd., Rancho Cordova, CA 95670 M-Thu 9-4. (MPG 04-30-14)

Auto Donations

DONATE A CAR - HELP CHILD-**REN FIGHTING DIABETES.** Fast, Free Towing. Call 7 days/week. Non-runners OK. Tax Deductible Call Juvenile Diabetes Research Foundation 1-800-578-0408 (NANI)

Autos Wanted

WE BUY CARS! Running or Not. Any Make, Model or Year. Call today for an INSTANT OFFER. Free Towing/Pickup. Top Dollar. We're Local! **1-800-844-3595** (SWAN)

CARS/TRUCKS WANTED! Top \$\$\$\$\$ PAID! Running or Not, All Years, Makes, Models. Free Towing! We're Local! 7 Days/Week. Call Toll Free: 1-888-416-2330 (NANI)

GET CASH TODAY for any car truck. I will buy your car today. Any Condition. Call 1-800-864-5796 or www.carbuyguy.com (NANI)

AVON For Sale

Avon Online! youravon.com/terrimrussell

Business Opportunity

OWN YOUR own Medical Alert Company! Be the 1st and Only Distributor in your area! Unlimited \$ return. Small investment required Call toll free 1-844-225-1200

Cable/Satellite TV DISH TV Retailer - Starting at \$19.99/month (for 12 mos.) & High Speed Internet starting at \$14.95/ month (where available.) SAVE! Ask About SAME DAY Installation!

DirectTV 2 Year Savings Event! Over 140 channels only \$29.99 a month. Only DirecTV gives you 2 YEARS of savings and FREE Genie upgrade! Call 1-800-291-0350 (Cal-SCAN)

CALL Now! 1-800-357-0810 (Cal-SCAN)

REDUCE YOUR CABLE BILL! Get a whole-home Satellite system installed at NO COST and programming starting at \$19.99/mo. FREE HD/DVR Upgrade to new callers, SO CALL NOW 1-866-982-9562 (Cal-SCAN)

DISH TV Retailer. Starting at \$19.99/month (for 12 mos.) & Speed Internet starting at \$14.95/month (where available.) SAVE! Ask About SAME DAY Installation! CALL Now 1-800-375-0156 (MB 06-30-14)

Career Training/ **Education**

Learn to Sew Register Now! Saturday Classes

Available. 916-476-6092.

ADMINISTRATIVE ASSISTANT TRAINEES NEEDED! Get Microsoft Certified now! No Experience Needed! SC Train gets you trained and ready to work! HS Diploma/GED & PC needed! 1-888-325-5168. (Cal-SCAN)

AIRLINE CAREERS begin here Get FAA approved Aviation Maintenance Technician training. Job placement and Financial assistance for qualified students. CALL Aviation Institute of Maintenance 888-242-3382

The path to your dream job begins with a college degree. Education Quarters offers a college matching service. 1-800-348-8192. (Cal-SCAN)

Credit/Debt Services

GET FREE OF CREDIT CARD **DEBT NOW!** Cut payments by up to half. Stop creditors from calling. 855-341-6281 (MB 12-31-13)

Divorce

Before you list your home, order Free Special Report that reveals what happens to your matrimonial home before, during, and after a divorce. Free recorded message 1-800-213-4205 DRE # 00809220 R Dumont

(MPG 08-30-12) Electrical Services

RETIRED MASTER ELECTRICIAN. problem solver! 30 vrs experience, senior discounts, Save big - don't replace panel – rebuild it. Lic.# 513168, 916-595-3052

Financial Aid

Cut your STUDENT LOAN payments in HALF or more even if Late or in Default. Get Relief FAST Much LOWER payments. Call Student Hotline 855-341-7551 (MB 06-30-14)

Financial Services

Do You Want to Know What Your Home is Worth?

Home Values Have 44 Increased Over 30% in our Area in the Last Year! Call Now for a

FREE Market Analysis of Your Home

(916) 992-9922 Dare & Associates Real Estate

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IRS? Stop wage & bank levies, liens & audits, unfiled tax returns, payroll issues, & resolve tax debt FAST. Seen on CNN. A BBB. Call 1-800-761-5395 (Cal-SCAN) Guaranteed Income For Your

Retirement. Avoid market risk & get guaranteed income in retirement! CALL for FREE copy of our SAFE MONEY GUIDE Plus Annuity Quotes from A-Rated companies! 800-748-3013 (Cal-SCAN)

Is Your Identity Protected? It is our promise to provide the most comprehensive identity theft prevention and response products avail able! Call Today for 30-Day FREE TRIAL 1-800-908-5194. (Cal-SCAN)

Reduce Your Past Tax Bill by as much as 75 Percent. Stop Levies, Liens and Wage Garnishments. Call The Tax DR Now to see if you Qualify. 1-800-498-1067. (Cal-SCAN)

Food For Heroes

Forgotten Warrior will be giving food to veterans & families. Every Monday 10-12p At The ElCamino Baptist Church 2805 ElCamino Ave. Sacramento, CA 95821. Call 916-533-9811 for more info.

For Sale Travel Trailer

2003 21FT TAHOE LITE TRAILER Very Clean, 4 New Tires, 15ft Awning, AC/Heating, Shower, Tub. Asking \$6,000. **541-218-2871**. (MPG 04-30-14)

2013 Wildwood Extra lite 22 ft self-contained with awning and air conditioning. Like new. Includes Hitch. \$16,5000 OBO. 916-726-1275. (MPG 02-28-14)

Foster Parenting



Aspiranet is seeking loving homes for foster children in need. Contact 1-877-380-HERO for info and register for training. aspiranetheroes.org (MPG 04-30-13)

Handyman

STEADY MOVES You rent the truck...we will re it's loaded/un-PROFESSIONALLY! sure loaded (Lic#322945)

916-206-3183. msmith2661@comcast.net (MPG 03-31-14)

QUALITY LABOR & MAINTENANCE

Yard Work, Hauling, Gutter Clean, Odd Jobs

You Name It! (916) 613-8359

One call, does it all! Fast and Reliable Handyman Services. Call ServiceLive and get referred to a pro today: Call 800-958-8267 (Cal-SCAN)

Canada Drug Center is your choice for safe and affordable medications. Our licensed Canadian mail order pharmacy will provide you with savings of up to 75 percent on all your medication needs. Call today 1-800-281-3958 for \$10.00 off your first prescription and free shipping. (MB 06-30-14)

Canada Drug Center is your choice for safe and affordable medications. Our licensed Canadian mail order pharmacy will provide you with savings of up to 75 percent on all your medication needs. Call today 1-800-356-4170 for \$10.00 off your first prescription and free shipping (SWAN)

Health & Medical

Canada Drug Center is your choice for safe and affordable medications. Our licensed Canadian mail order pharmacy will provide you with savings of up to 90 percent on all your medication needs. Call today 1-800-273-0209, for \$10.00 off your first prescription and free shipping. (Cal-SCAN)

Safe Step Walk-In Tub Alert for Seniors. Bathroom falls can be fatal. Approved by Arthritis Foundation. Therapeutic Jets. Less Than 4 Inch Step-In. Wide Door. Anti-Slip Floors. American Made. Installation Included. Call 800-799-4811 for \$750 Off. (Cal-SCAN)

IF YOU USED THE BLOOD THINNER PRADAXA and suffered internal bleeding, hemorrhaging, reguired hospitalization or a loved one died while taking Pradaxa between October 2010 and the present, You may be entitled to compensation. Call Attorney Charles H. Johnson 1-800-535-5727. (Cal-SCAN)

Heating & Air

AC Repair Low Prices 487-4609 (MPG)

Help Animals

SPCA Thrift Shop Helpless animals need your donations. The Real Non-Profit. Will pick up. Call 916-442-8118. 1517E Street for donations-10-4pm (MPG)

Help Wanted

STATISTICIAN

(Sacramento) Utilize statistical theory, methods to collect, ora/ analyze econ, financial, business data for database creation. Econ/ econometric modeling. Required Masters Economics or Financial Engineering & 1 year experience or 1 one yearr alternative occupational experience as statistical analyst. Email resume/ ref.s to Iskylar@econone.com. Econ One Research, Inc. (MPG 05-08-14)

Software Engineer III (Rancho Cordova, CA & Client sites) Design, develop, enhance and maintain project work space using Content Management (CMS) tools. Optimize and enhance database queries and create necessary SQL scripts to increase data delivery performance Application Architecture. Create and develop prototypes applications using Microsoft technologies. Bachelor's Degree or equivalent in Computer Science or Computer Engineering, 5 years' experience required. Must be proficient in Visual Studio.net, SQL Server, C#, HTML, Jquery, Java Script, ASP.NET, Net FrameWork, AJAX, COM+, ASPWEB Services, WCF, VB.NET, and Web services Send resume to: SynergyQuad Inc., Attn: HR Dept., 2893 Sunrise Blvd, Suite 104, Rancho

Cordova, CA 95742 (MPG 03-31-14) AIRLINE CAREERS Get FAA approved Aviation Technician training. Housing and Financial aid for qualified students. Job placement assistance. Apply now with AIM Dallas 877-205-0503

or Houston 888-216-1687 (SWAN) HELP WANTED Earn Extra income Assembling CD cases From Home. Call our Live Operators Now! No experience Necessary 1-800-405-7619 Ext 2605 www.

easywork-greatpay.com WEEKLY PAID ADVANCE!!! MAILING BRO-CHURES or TYPING ADS for our company. FREE Supplies! PT/ FT. No Experience Needed! www. HelpMailingBrochures.com (NANI)

Caring Compassionate Seniors WANTED! SENIORS HELPING SENIORS®, a leader in the Senior in-home service industry, has immediate PT openings for Providers. Qualified candidate will have life experience, an interest in making a difference in the lives of other seniors and be comfortable working with senior citizens. Flexible schedules...we'll work around your schedule! Valid driver's license and use of auto is required.Call us today for more information. (916) 372 9640 (MPG)

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Truck Drivers - Obtain Class A CDL in 2 1/2 weeks. Company Sponsored Training. Also Hiring Recent Truck Graduates, School Drivers, Must be 21 or Older, Call: (866) 275-2349 (Cal-SCAN)

ATTN: DRIVERS! \$\$\$ Top Pay \$\$\$ Up to 50 cpm - Ava \$1.000 weekly! Full Benefits + Rider & Pet Program. Be a Name, Not a Number. Orientation Sign On Bonus! CDL-A Required. 877-258-8782. www.ad-drivers.com (Cal-SCAN)

DRIVERS: CDL-A train and work for us! Professional, focused CDL training available. Choose Company Driver, Owner Operator, Lease Operator or Lease Trainer. Call 877-369-7126 www.CentralTruck DrivingJobs.com (Cal-SCAN)

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Nenes Smart Start Small in-home Childcare M-F 7AM-6PM. Infant thru 5 Preschool certified Licensed (916) 723-3342

Legal Services

Health & Medical Accident

Attorney INJURED IN AN AUTO ACCI-DENT? Call InjuryFone for a free case evaluation. Never a cost to Don't wait, call now, 1-800-958-5341.

new at \$2900. For Sale at \$750 Call 916-745-3859. (MPG 02-28-14) Medical Alert for Seniors - 24/7 monitoring. FREE Equipment. FREE Shipping. Nationwide Service. \$29.95/ Month CALL Medical

Guardian Today 855-334-1975

(MB 06-30-14)

Miscellaneous

Toastmaster's Open House Meets first and third Fridays. Join us to gain confidence and find your voice. Denny's, 3520 Auburn Blvd., March 21st at 6:30 pm. Bring this ad for free Cheese Quesada Good to Great Club 916 215-1035 www.toastmasters.org (MPG 03-31-14)

Feel The Vibe! Urban woman and men ready to MAKE THE CONNECTION. Call singles area! your 1-800-974-0356 (SWAN)

Where Local Singles Chat! Real callers in YOUR area! Fun and Discreet! Live 1-on-1 phone chat. Try FREE! Call 1-800-963-7493 (SWAN)

Have fun and find a genuine connection! The next voice on the other end of the line could be the one. Call Tango 1-800-905-0676. FREE trial!

REDUCE YOUR CABLE BILL! Get an All-Digital Satellite system installed for FREE and programming starting at \$24.99/mo. FREE HD/DVR upgrade for new callers, SO CALL NOW! (877) 366-4509 (Cal-SCAN)

PHOTOS RESTORED LAWS STUDIO. 916-483-6051. (MPG 03-31-14)

Order Dish Network Satellite TV and Internet Starting at \$19.99! Free Installation, Hopper DVR and 5 Free Premium Movie Channels! Call 800-597-2464 (NANI)

Meet singles now! No paid operators, just people like vou. Browse greetings, exchange messages, connect live. FREE trial. Call 1-877-737-9447 (NANI)

CASH FOR CARS: All Cars/ Trucks Wanted. Running or Not! Top Dollar Paid. We Čome To You! Any Make/Model. Call For Instant Offer: 1-800-864-5960 (NANI)

CASH PAID- UP TO \$25/BOX for unexpired, sealed DIABETIC TEST STRIPS! 1 DAY PAYMENT & PREPAID shipping. BEST PRICES! 1-888-776-7771. Cash4DiabeticSupplies.com (NANI)

TOP CASH PAID FOR OLD GUITARS! 1920's thru 1980's. Gibson, Martin, Fender, Gretsch, Epiphone, Guild, Mosrite, Rickenbacker, Prairie State, D'Angelico, Stromberg, and Gibson Mandolins/ Banjos. 1-800-401-0440 (NANI) ROTARY INTERNATIONAL -

Rotary builds peace and interna-

tional understanding through education. Find information or locate your local club at www.rotary.org. Brought to you by your free community paper and PaperChain. (NANI) DIRECTV, Internet, & Phone From \$69.99/mo + Free 3 Months: HBO® Starz®

SUNDAY TICKET! Limited offer. Call Now 888-248-5961 (NANI) DISH TV Retailer. Starting at \$19.99/month (for 12 mos.) & High Speed Internet starting at \$14.95/month (where available.) SAVE! Ask About SAME DAY Installation!

CALL Now! 1-800-341-7308 (SWAN)

SHOWTIME® CINEMAX®+ FREE

GENIE 4 Room Upgrade + NFL

DirecTV Over 140 channels only \$29.99 a month. Triple savings! \$636.00 in Savings, Free upgrade to Genie & 2013 NFL Sunday ticket free for New Customers. Start saving today! 1-800-416-7254 (SWAN)

Miscellaneous

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1-800-578-1363 Ext.300N (Cal-SCAN) KILL BED BUGS! Buy Harris Bug Killer Com nent Program or Complete Treatment Available: Hardware Stores. Buy homedepot.com (NANI)

Music Lessons

Piano Lessons. GREAT RATES! Available Monday through Saturday. Any age can learn piano, flute and pianocap.com or call 916.974.7397 (MPG 04-30-14)

Music Lessons

Guitar Lessons - Beginner to Advanced. \$10/half hour. \$20/hour. freddiebbalbert1@yahoo.com. 916-335-9741 (MPG 12-31-13)

Piano lessons for children and adults by experienced, creative teacher. Citrus Heights. For more information. www.anitraalexander.com, or call (916) 725-1054 (MPG)

Music Lessons Piano Beginner and Classical, \$60 (916) 899-8529

Painting Services Anni The Painter



Personals

Looking for a special man. I am healthy and active and have many interests. Quiet time with a special person. Long or short trips, little theatre, dancing, cruising, dining and conversation. The ideal man should share some of these and be in his seventies. 916-967-6289. (MPG 10-31-13)

MEET SINGLES RIGHT NOW! No paid operators, just real people like you. Browse greetings, exchange messages and connect live. Try it free. Call now 1-800-945-3392 (Cal-SCAN)

Pet Care

Give your pets great care while you're gone. Kennel free environ-ment. Lots of TLC. Call Madeline 916-723-1608, (MPG 12-31-13)

Keep your pet Happy, Healthy, and Protected. Call 800-675-7476 Now and get a free Pet Insurance Quote for your Dog or Cat. Choose Up to 90% Reimbursement. Get Special Multiple Pet Discounts. (Cal-SCAN)

Pets/Animals

SPCA THRIFT SHOP The Real Non-Profit

Helpless Animals Need Your Donations Will Pick Up

Call 916-442-8118 1517 E Street for donations 10-4pm

DOG RESCUE Gary (916) 334-2841 Please

 \underline{Adopt} or \underline{Foster}

Because so many really Piano Lessons Available Monday through Saturday. Learn piano, flute, and guitar. GREAT RATES!

Position Wanted HOUSEKEEPER. Honest and Dependable, Supplies Furnished. Experienced in move-outs and vacancies, 916-961-7651, (MPG 04-30-14)

916-974-7397 (MPG 03-31-14)

Classy Senior Lady with 16 yrs experience seeks caregiver/companion position including housekeeping, cooking, transportation, etc. Call **896-5882** (MPG 03-31-14)

Real Estate

Hope for Troubled Homeowners

WE PROVIDE SOLUTIONS Call Our Short Sale Hotline for a FREE Consultation

(916) 331-3311 Sac Short Sale Pros License #01128753

HONEST LOCAL INVESTOR BUYS HOUSES FOR CASH. Call Me First!! Mike (916) 203-1585

mike@rlsproperty.com (MPG 02-28-14) **Real Estate**

\$0 Down, Only \$119/mo. NO CREDIT CHECKS! Near El Paso, TX. Beautiful Views! Money Back Guarantee 1-866-882-5263 Ext.81 www.SunsetRanches.NET (NANI)

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Roof Repairs, Free Estimate. Licensed & Bonded. Call Dave 373-0637 (MPG 02-28-14)

Room for Rent

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HIGH SCHOOL DIPLOMA FROM HOME, 6-8 weeks, ACCREDITIED Get a Diploma. Get a Job! No Computer Needed. FREE Brochure. 1-800-264-8330.Benjamin FranklinHigh School www.diplomafromhome.com

/olunteers Needed

LIKE TO **PLAY BINGO?** Support Veterans While You Play Bingo Volunteers needed even Thursday, Friday, Sunday nights

from 4-10pm at Sacramento Bingo

Center. 916-533-9811. (MPG 03-31-14)

GOT LOCAL NEWS? Call 773-1111 MPG'

1

Sudoku Puzzle on Page 10

2 8

5 3

3	9	5	1	7	8	4	6	2
8	2	1	တ	4	6	5	7	3
9	3	2	8	6	7	1	4	5
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2	5	9	7	8	3	6	1	4
1	6	4	2	5	9	3	8	7
7	8	3	6	1	4	2	5	9

Volunteers Needed

Bristol Hospice is looking for volunteers to provide companionship with our hospice patients and families. We provide the training and match you with a family in your area. Please call volunteer services for more information at (916) 782-5511. (MPG 12-31-13)

ter. 916-533-9811. (MPG 03-31-14)

Sutter Auburn Faith Hospice Thrift Store invites volunteers to work as cashiers, sales floor assistants, donation processors or pricers. Training is provided: a four hour weekly commitment is requested. Location: 13342 Lincoln Way, Auburn, Call store coordinator, Kim Chase, 530-887-0561. (MPG 12-31-13)

Sutter Auburn Faith Hospital invites volunteers to work in various hospital department or the hospital Gift Shop. Great opportunity to learn about healthcare, raise funds to support our local hospital and to give back to our community. four hour weekly commitment requested. Please contact Mindy Danovaro 530-888-4559 for more information. (MPG 04-30-14)

Station for Rent A & R Salon



Next to Heritage Credit bank Robbie 916-631-7361 owner.

Veterans Non Profit

Starting Security

Established Salon Mills Plaza

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We will tell you what is wrong with your unit and how much it will cost to fix your unit before we begin work Each project is confirmed in writing

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Reasonable Price

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Special \$50 Diagnostic Fee

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(MPG 16-02-14)

Wanted 2 bedroom, 1 bath. small lot, Auburn area. \$100,000 cash or flexible terms, private party. Call John evenings 530-878-0480.

(MPG 04-30-14)

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CASH FOR DIABETIC TEST STRIPS!! Don't throw boxes away-Help others, Unopened /Unexpired boxes only. All Brands Considered Anytime! 24hrs/7days (888) 491-1168

WANTED JAPANESE MOTOR-CYCLE KAWASAKI 1967-1980 Z1-900, KZ900, KZ1000, ZIR, KZ1000MKII, W1-650, H1-500, H2-750, S1-250, S2-350, Suzuki GS400, GT380, CB750 (69.70) CASH PAID. 1-800-772-1142, 1-310-721-0726 usa@classicrunners.com

CASH PAID FOR DIABETIC TEST STRIPS Cash Paid On-The-Spot. Factory Sealed & Unexpired Only. We Are Local & Will Meet With You. Call Donna or Mick: 916-549-0576 Or 916-729-5154. (MPG 02-28-14

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SACRAMENTO COUNTY? We Can

Do That! Call

489-2299

С 0 R

Yoga

1st Class Free. Citrus Heights Call (916) 729-0103 (MPG 05-08-14)



LANDA'S



Serves Sacramento Areas, Residential & Commercial Cleaning Services. For More Information www.landashousecleaning.com (MPG 04-30-14)

HOUSING WANTED

Work or Housesitting for rent or part of rent Building or landscape maintenance (Mowing, pruning, weeding, painting, cleaning, window washing, garage organizing and cleaning., etc.) for part or all of the rent. Can pay partial rent and utilities up to \$295.00. References upon request. Security and health care background. Eagle Scout. Tim Buckley 503-460-7149 tbuckley4.1@juno.com (MPG 04-30-14) HEALTHCARE

OCCUPATIONAL THERAPIST in Auburn, CA Plan & Conduct O.T. prog.

Required: Bachelor's Degree in O.T. and 5 Years Experience and CA OT License.

> Mail resume to: Pamela Wright, HR/Payroll Coordinator, Rock Creek Care Center, 260 Race Track Street, Auburn, CA 95603

(MPG 02-28-14)

California law requires that contractors taking jobs that total \$500 or more (labor and/or materials) be licensed by the Contractors State License Board. State law also requires that contractors include their license pumbers on all advertising Check numbers on all advertising. Check

your contractor's status at www. cslb.ca.gov or 800-321-CSLB

NOTICE TO READERS

csib.ca.gov or 800-321-CSLIB (2752). Unlicensed persons taking jobs that total less than \$500 must state in their advertisements that they are not licensed by the Contractors State License Board.

DISCLAIMER Be wary of out of area companies. Check with the local Better Business Bureau before you send any money for fees or services. Read and understand any contracts before you sign. Shop around for rates



ELWOOD STARED AT THE ORANGE JUICE CAN BECAUSE IT SAID "CONCENTRATE"

URGENT NEWS IF YOU USED ESTOSTERONE **HEART ATTACK or STROKE?**

Studies show that using Testosterone products may significantly increase your risk of a heart attack, stroke, blood clots and death. If you or a loved one has suffered any of these injuries, call 1-800-THE-EAGLE now about making a claim for substantial monetary compensation. No fees or costs until your case is settled or won. We practice law only in Arizona, but associate with lawyers throughout the U.S. GOLDBERG & OSBORNE
915 W. Camelback Rd 1 - 800 - THE-EAGLE
Phoenix, AZ 85013 (1 - 800 - 843 - 3245)
www.1800thceagle.com

SENIOR NEEDS ITEMS FOR SALE Wheel chair in excellent condition \$35 Walker with basket

Tub handrail that clamps to side of tub \$65

Get all for \$300

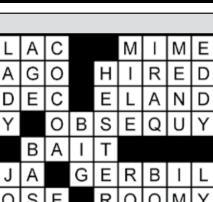
Shower chair for personal care

\$50

Call Paul at 916-773-7337 days or evenings. Will deliver to local area. Classified Advertising

Sell Your Stuff! Reach 1000's of Readers Every Week!

773-1111



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Medical Supplies /Equipment Electric Scooter, runs and looks good. For disabled person. Golden Companion Model. Valued

6

916-483-2299 Legal Advertising Fax 916-773-2999

FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-02469. Karen Evans, 11361 Sabalo Court, Gold River, CA 95670 is doing business under the Fictitious Business Name "Educational Design & Consulting" at 11361 Sabalo Court, Gold River, CA 95670. Filed with the Clerk of Sacramento County on March 20, 2014. Publish: April 10, 17, 24 and May 1, 2014

EDUCATIONAL 140331 FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-02866. Ramesh K. Sawhney, 1048 Santa Barbara Court, Sacramento, CA 95816 is doing business under the Fictitious Business Name "Dolphin RFID USA" at 1048 Santa Barbara Court, Sacramento, CA 95816. Filed with the Clerk of Sacramento County on April 2, 2014. Publish: April 10, 17, 24 and May 1, 2014 DOLPHIN 140402

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-02868. CleanFleets.net 1822 21st Street, Sacramento, CA 95811 is doing business under the Fictitious Business Name "CleanFleets.net" at 1822 21st Street, Sacramento, CA 95811. Filed with the Clerk of Sacramento County on April 2, 2014. Publish: April 10, 17, 24 and May 1, 2014 CLEANFLEETS 140402 05-01-14

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-02719. Microtest Laboratories. Inc., 5150 Sunrise Blvd., Suite B-1, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name "Aquadent" at 5150 Sunrise Blvd., Suite B-1, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on March 28, 2014. Publish: April 10, 17, 24 and May 1, 2014 AQUADENT 140403 05-01-14

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-02929. Sergey Pankov, 11020 Coloma Road. Apt. 64. Gold River, CA 95670 is doing business under the Fictitious Business Names "Das Auto LTD., Das Auto Sales Ltd." at 11020 Coloma Road, Apt. 64, Gold River, CA 95670. Filed with the Clerk of Sacramento County on April 4, 2014. Publish: April 10, 17, 24 and May 1, 2014

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-02948. Jeff Peterson. Wheat Street, Sacramento, CA 95821 doing business under the Fictitious Business "Advanced Renovations" at 4130 Wheat Street, Sacramento, CA 95821, Filed with the Clerk of Sacramento County on April 7, 2014. Publish: April 17, 24, May 1 and 8, 2014 ADVANCĖD 140407

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-02848. Demosthenes Kaufman Maria Kaufman, 50 Fullerton Court, Suite 104, Sacramento, CA 95825 is doing business under the Fictitious Business Name "DJKM Properties" at 50 Fullerton Court, Suite 104, Sacramento, CA 95825. Filed with the Clerk of Sacramento County on April 2, 2014. Publish: April 17, 24, May 1 and 8, 2014

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-02972. Arthur Keown, 8939 N. Camden Drive, Elk Grove, CA 95624 is doing business under the Fictitious Business Name "AJ Property Management" at 8939 N. Camden Drive, Elk Grove, CA 95624. Filed with the Clerk of Sacramento County on April 7, 2014.

Publish: April 17, 24, May 1 and 8, 2014 AJPROPERTY 140411 FICTITIOUS BUSINESS NAME STATEMENT

#FBNF2014-01994. Zhongqi Wang, 1226 T Street, #7, Sacramento, CA 95811 is doing business under the Fictitious Business Name "TTT Express" at 1226 T Street, #7, Sacramento, CA 95811. Filed with the Clerk of Sacramento County on March 10, 2014. Publish: April 24, May 1, 8, and 15, 2014 TTTEXPRESS 140331 05-15-14

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-03259. Jesus Santoyo, 5107 Andrea Boulevard, apt. 119, Sacramento, CA 95842 is doing business under the Fictitious Business Name "Mr. Spectacular Clean" at 5107 Andrea Boulevard, apt. 119, Sacramento, CA 95842. Filed with the Clerk of Sacramento County on April 15, 2014. Publish: April 24, May 1, 8, and 15, 2014

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-03042. First Alarm Security & Patrol, Inc., 1731 Technology Drive #800, San Jose, CA 95110 is doing business under the Fictitious Business Name "Bayer Protective Services" at 3436 American River Drive #10, Sacramento, CA 95864. Filed with the Clerk of Sacramento County on April 8, 2014. Publish: April 24, May 1, 8, and 15, 2014 140415

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-02844. Lending Tree, LLC, 11115 Rushmore Drive, Charlotte, NC 28277 is doing business under the Fictitious Business Names "GetSmart.com, LendingTreePartners.com and GetSmart" at 11115 Rushmore Drive, Charlotte, NC 28277. Filed with the Clerk of Sacramento County on April 2, 2014. Publish: April 24, May 1, 8, and 15, 2014 GETSMART 140415

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-03092. Dunn Right Incorporated. 11867 Larisa Way, Rancho Cordova, CA 95742 is doing business under the Fictitious Business Names "Play-ology and Play-ology Kids" at 3084 Sunrise Boulevard, Suite 4, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County on April 10, 2014. Publish: April 24, May 1, 8, and 15, 2014

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-03165. Mohsen Razani, 5307 Marconi Avenue #33, Carmichael, CA 95608 is doing business under the Fictitious Business Name "www.autodemands.com" at 5307 Marconi Avenue #33, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on April 11, 2014. Publish: April 24, May 1, 8, and 15, 2014 AUTO 140415

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-03469. ATLAS of Carmichael, 8061 Livorna Way, Fair Oaks, CA 95628 is business under the Fictitious Business Name "ATLAS Thrift Shop" at 6634 Fair Oaks Boulevard, Carmichael, CA 95608, Filed with the Clerk of Sacramento County on April 22, 2014. Publish: May 1, 8, 15 and 22, 2014 ATLAS 140422

05-22-14 FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-02780. Raquel Bonilla, 5979 DeVecchi Avenue #77, Citrus Heights, CA 95621 is doing business under the Fictitious Business

Name "R & R" at 4447 Auburn Boulevard, Sacramento, CA 95841. Filed with the Clerk of Sacramento County on March 31, 2014. Publish: May 1, 8, 15 and 22, 2014 140422 05-22-14

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-02675. Steven M. & Jamie L. Scott, 7444 Wisam Court, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name "Garage 47" at 4701 El Camino Avenue, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on March 28, 2014. Publish: May 1, 8, 15 and 22, 2014 140423

EGAL ADVERTISING

Carmichael Times Adjudicated For and By the County of Sacramento, Adjudication No. 317294–February 7, 1984 Rancho Cordova Independent Adjudicated For and By the County of Sacramento, Adjudication No. 195380–September 18, 1969

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2014-03555. Chou Vang, 5824 Franklin Boulevard, Sacramento, CA 95824 is doing business under the Fictitious Business Name "Mama Vang's" at 5824 Franklin Boulevard, Sacramento, CA 95824. Filed with the Clerk of Sacramento County on April 24, 2014. Publish: May 1, 8, 15 and 22, 2014 MAMA 140424

ORDER TO SHOW CAUSE CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00161167

WHEREAS, Sughi Uxia Madison Klementyn has filed a petition with this court for a decree changing the name of Sughi Uxia Madison Klementyn to Madison Uxia Klementyn IT IS ORDERED that all persons interested in

the above entitled matter appear before this court at 9:00 a.m. on May 9, 2014, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. IT IS FURTHER ORDERED that a copy of

this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: April 2, 2014

Raymond M. Cadei, Judge of the Superior Court Publish: April 10, 17, 24 and May 1, 2014 KLEMENLYN 140402

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00161205

WHEREAS, Netanya Sky Burnley (AKA Jake Sky Burnley) has filed a petition with this court for a decree changing the name of Netanya Sky Burnley to Jake Sky Burnley IT IS ORDERED that all persons interested in

the above entitled matter appear before this court at 2:00 p.m. on May 12, 2014, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. IT IS FURTHER ORDERED that a copy of

this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: April 2, 2014

David I. Brown, Judge of the Superior Court Publish: April 10, 17, 24 and May 1, 2014 BURNLEY 140402 0

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00150734 WHEREAS, Arthur Tokaya Wolf has filed a

petition with this court for a decree changing the name of Arthur Tokaya Wolf to Angela Tokaya Wolf IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on October 30, 2013, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition

for Change of Name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: September 11, 2013

Raymond M. Cadei, Judge of the Superior Court Publish: April 10, 17, 24 and May 1, 2014 (RE-RUN)

130912

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00161131 WHEREAS, Ashley Painter Farrell has filed a

petition with this court for a decree changing the name of Dylan Tuesday Painter to Dylan Tuesday Farrell IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on May 9, 2014, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition

for Change of Name should not be granted.
IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: April 2, 2014

David I. Brown, Judge of the Superior Court Publish: April 10, 17, 24 and May 1, 2014 FARRELL 140403 05

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00161319

WHEREAS, Genevieve Adair Rogers (AKA Genevieve Rainy Adair) has filed a petition with this court for a decree changing the name of Genevieve Adair Rogers to Genevieve Rainy Adair

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on May 14, 2014, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition

for Change of Name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: April 2, 2014

Raymond M. Cadei, Judge of the Superior Court Publish: April 10, 17, 24 and May 1, 2014 140403

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00161580

WHEREAS, Maribel Lopez has filed a petition with this court for a decree changing the names of Fernando Andrade to Luis Angel Lopez and Rikardo Andrade to Rikardo Lopez

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on May 15, 2014, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.

IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: April 9, 2014

David I. Brown, Judge of the Superior Court Publish: April 17, 24, May 1 and 8, 2014 LOPEZ 140409

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00161612

WHEREAS, Ngocanh Thi Nguyen has filed a petition with this court for a decree changing the name of Ngocanh Thi Nguyen to Annie Thi Tran IT IS ORDERED that all persons interested in

the above entitled matter appear before this court at 9:00 a.m. on May 16, 2014, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. IT IS FURTHER ORDERED that a copy of

this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: April 9, 2014

Raymond M. Cadei, Judge of the Superior Court Publish: April 17, 24, May 1 and 8, 2014 NGUYEN 140409

> SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME

#34-2014-00161617 WHEREAS, Cassandra Renee Ertel has filed a petition with this court for a decree changing the name of Cassandra Renee Ertel to Cassandra Renee Ladd

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on May 19, 2014, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. IT IS FURTHER ORDERED that a copy of

this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County. California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: April 9, 2014 David I. Brown, Judge of the Superior Court

Publish: April 17, 24, May 1 and 8, 2014 140409 05-08-14

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00161620

WHEREAS, Cassandra Ertel has filed a petition with this court for a decree changing the name of Shawn Curtis Ertel to Shawn Jason Ladd IT IS ORDERED that all persons interested in the above entitled matter appear before this court

at 2:00 p.m. on May 19, 2014, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the

Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: April 9, 2014 David I. Brown, Judge of the Superior Court Publish: April 17, 24, May 1 and 8, 2014

ERTEL#2 140409 05-08-14 SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE

CHANGE OF NAME #34-2014-00161586 WHEREAS, Jessica Nelson has filed a petition with this court for a decree changing the name of JaMarcus Ervin Dockery to JaMarcus Ervin Nelson

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on May 15, 2014, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. IT IS FURTHER ORDERED that a copy of

this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: April 9, 2014 David I. Brown, Judge of the Superior Court

Publish: April 17, 24, May 1 and 8, 2014 140409

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00159379

WHEREAS, Jillian Victoria Toolson (AKA Jillian Elijah Toolson has filed a petition with this court for a decree changing the name of Jillian Victoria Toolson to Jillian Elijah Toolson IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on May 22, 2014, in Department 53,

located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the

Carmichael Times, a newspaper of general circulation, printed in Sacramento County. California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: April 15, 2014 David I. Brown, Judge of the Superior Court

Publish: April 24, May 1, 8 and 15, 2014 TOOLSON 140415 05-15-14

> SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00160737

WHEREAS, Robert Daniel Learned (AKA Robyn Danylla Learned) has filed a petition with this court for a decree changing the name of Robert Daniel Learned to Robyn Danylla Learned

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on May 27, 2014, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.

IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: April 16, 2014

David I. Brown, Judge of the Superior Court Publish: April 24, May 1, 8 and 15, 2014 LEARNED 140416

SUPERIOR COURT OF CALIFORNIA COLINTY OF SACRAMENTO ORDER TO SHOW CAUSE

#34-2014-00157061 WHEREAS. Brandis Kristin Davis has filed a petition with this court for a decree changing the name of Quincy Talib Thaggard to Quincy Talib Esau Curry IT IS ORDERED that all persons interested in the above entitled matter appear before this court

at 9:00 a.m. on May 29, 2014, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. IT IS FURTHER ORDERED that a copy

of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition.

Dated: March 5, 2014 Raymond M. Cadei, Judge of the Superior Court Publish: April 24, May 1, 8 and 15, 2014

DAVIS 140417 SUPERIOR COURT OF CALIFORNIA

COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00162076

WHEREAS, Phillip T. Carroll (AKA Katrina Mary Carroll) has filed a petition with this court for a decree changing the name Phillip T. Carroll to Katrina Mary Carroll IT IS ORDERED that all persons interested in

the above entitled matter appear before this court at 9:00 a.m. on May 23, 2014, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.

IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: April 16, 2014

Raymond M. Cadei, Judge of the Superior Court Publish: April 24, May 1, 8 and 15, 2014 CARROLL 140417

> SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00162097

WHEREAS, Baldeep Sidhu has filed a petition with this court for a decree changing the name of Baldeep Singh Sidhu to Kai Sidhu Gill IT IS ORDERED that all persons interested in

the above entitled matter appear before this court at 9:00 a.m. on May 28, 2014, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. IT IS FURTHER ORDERED that a copy of

this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: April 16, 2014 Raymond M. Cadei, Judge of the Superior Court Publish: April 24, May 1, 8 and 15, 2014 SIDHU 140416 05-15-

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE #34-2014-00161507

WHEREAS, Michael Lorance Hutchins has filed a petition with this court for a changing the name of Michael Lorance Hutchins to Michael Lorance Olson IT IS ORDERED that all persons interested in

the above entitled matter appear before this court at 2:00 p.m. on June 5, 2014, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.

IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: April 17, 2014 David I. Brown, Judge of the Superior Court

Publish: May 1, 8, 15 and 22, 2014 05-22-14 HUTCHINS 140421 SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO

ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00162074

WHEREAS, Mary Nguyen has filed a petition with this court for a decree changing the name of Ethan Hang to Ethan Van Nguyer IT IS ORDERED that all persons interested in the above entitled matter appear before this court

at 9:00 a.m. on June 2, 2014, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County.

California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: April 16, 2014 Raymond M. Cadei, Judge of the Superior Court

Publish: May 1, 8, 15 and 22, 2014 NGUYEN 140416 SUPERIOR COURT OF CALIFORNIA

COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00162392

WHEREAS. Conrad Duvekot Alexa Duvekot) has filed a petition with this court for a decree changing the name of Conrad Marcel Duvekot to Alexa Duvekot

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on June 3, 2014, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.

IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: April 23, 2014

Raymond M. Cadei, Judge of the Superior Court Publish: May 1, 8, 15 and 22, 2014 DUVEKOT 140423

Gordon G. Bones

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· Bankruptcy · Business and Corporate Matters

 Family Law P: 916.965.6647 F: 916.965.4218 SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE #34-2014-00162375

WHEREAS, Mohammad Reza Pisheh has filed a petition with this court for a decree changing the name of Mohammad Reza Pishehto Ashkahn Pisheh

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on May 30, 2014, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. IT IS FURTHER ORDERED that a copy of

this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: April 23, 2014 David I. Brown, Judge of the Superior Court

Publish: May 1, 8, 15 and 22, 2014 PISHEH 140423

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00159573

WHEREAS, Andrew A. Well (SBN: 2881911) on behalf of Tiffanie Ann Rupchock, has filed a petition with this court for a decree changing the name of Brandon Lemonte

Terry to Brandon Lemonte Hupurouk IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on May 29, 2014, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition

for Change of Name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: April 17, 2014

David I. Brown, Judge of the Superior Court Publish: May 1, 8, 15 and 22, 2014 RUPCHOCK 140423 05 SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO

ORDER TO SHOW CAUSE CHANGE OF NAME #34-2014-00162423 WHEREAS, Ahmed Nemr & Mariam Elshahawi,

has filed a petition with this court for a decree changing the names of Safiah Ahmed to Safiah Ahmed Nemr and Yusuf Ahmed Ahmed to Yusuf Ahmed Nemr IT IS ORDERED that all persons interested in the above entitled matter appear before this court

at 2:00 p.m. on June 5, 2014, in Department 53,

located at 800 Ninth Street, Third Floor, Sacramento,

CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.
IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition.

Dated: April 23, 2014 David I. Brown, Judge of the Superior Court Publish: May 1, 8, 15 and 22, 2014 140423 05-22-14

PETITION TO ADMINISTER ESTATE

NOTICE OF PETITION TO ADMINISTER ESTATE OF JAN SUTHERLAND (decendent) ESTATE NO. 34-2013-00152026

To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of JAN SUTHERLAND (deceased): A petition has been filed by GAIL MEREDITH OTTESON in the Superior Court of California, County of Sacramento, requesting that GAIL MERÉDITH OTTESON be appointed as

Executor to administer the estate of the decedent. The petition requests the decedent's will and codicils, if any, be admitted to probate The will and any codicils are available for examination in the file kept by the court.

The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the executor to take many actions without obtaining court approval. Before taking certain very important actions, however, the executor will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

Bond is not required. A hearing on the petition will be held in this court as follows: May 7, 2014, 9:00 a.m. in Dept. No. 129, Room214atRidgewayFamilyRelationsCourthouse, 3341 Power Inn Road, Sacramento, CA 95826.
IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections

with the court before the hearing. Your

appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult

with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate sets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.

The name, address and telephone number of petitioner is: Gail Meredith Otteson, 61 Vineyard Circle, Sonoma, CA 95476; (707) 431-2289. Publish: April 17, 24, and May 1 2014 SUTHERLAND 140408

PUBLIC LIEN SALE

Carmichael, CA 95609

Legal Advertising

P.O. Box 14

Notice of Public Sale of Liened Property Notice is hereby given that a public lien sale will

A Better Moving and Storage Co., Inc. 830 Professional Dr. #160, Sacramento, CA 95834

on Friday May 16, 2014 at 3:00pm in accordance with Section 21700 et seq of the Business and Professions Code of the State of California. The auctioneer is Jeff Gregory of Norcal Storage Auctions, Bond #7900390179, tel #209-329-3504.

General description of property: personal effects. Abandoned units belonging to the following storage tenants will be auctioned at this public lien

Martin, Dana; Bryant, Tanella; Robb, Jean; Phares, Sabrina This is a cash-only auction due immediately

when sold; no checks or credit/debit cards accepted. Each person attending must sign in and agree to follow all Rules and Regulations of the sale. All purchased goods are sold "as is", not including storage vault, and must be removed by 12:00pm (noon) on the day following the sale This sale is subject to cancellation in the event of settlement between landlord and obligated party. Publish in Carmichael Times and Grapevine Independent on: May 1, 2, 8 and 9, 2014.

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Sacramento County DA Reports



Recent cases of interest

CASE: Jerry King (04/25/14)

PROSECUTOR: Deputy District Attorney Sheri Greco, Homicide Unit

District Attorney Jan Scully announced today that the Honorable Michael Kenny denied a defense motion for a new trial and sentenced Jerry King to 50 years to life in prison. On February 21, 2014, a jury convicted King for the first-degree murder of his 50-year-old uncle, Willis Griffin. The jury also found true that King personally discharged a 7mm rifle that caused the death of Griffin.

On December 9, 2012, King was living in the rural Sacramento County town of Herald. He was upset that he was going to be kicked out of the mobile home where he was staying with his mother and Griffin. When Griffin arrived at the home to confront King about leaving, King used a 7mm hunting rifle to shoot Griffin in the chest, killing him in the driveway.

CASE: Ronnie Vang (04/25/14)

PROSECUTOR: Deputy District Attorney Valerie Brown, Homicide Unit

District Attorney Jan Scully announced today that Ronnie Vang has been sentenced to death by the Honorable Steve White for the June 23, 2009 murder of Keith Fessler. On January 15, 2014, a jury recommended Vang receive the death penalty after finding him guilty of murder with special circumstances for killing Mr. Fessler during the commission of burglary and robbery. Vang had been paroled from prison four days prior to the murder.

Vang was also convicted of two counts of arson for setting fire to Mr. Fessler's home and car in an attempt to cover up the murder, attempted burglary of a neighbor's house, auto theft and firearm enhancements. He was sentenced to 34 years to life in prison for those offenses.

CASE: Lionel Doria & Cleo Costa (04/23/14)

PROSECUTOR: Deputy District Attorney Caroline Park, Homicide Unit

District Attorney Jan Scully announced that Lionel Doria and Cleo Costa were convicted by jury of first-degree murder and attempted robbery. The jury also found true special circumstances and firearm allegations. Doria was also convicted of being a felon in possession of a firearm.

On November 25, 2011, police responded to a report of a shooting at the 700 block of Bell Avenue. Upon arrival, officers found James Hiter lying in the roadway with a fatal gunshot wound

Both defendants face a maximum sentence of life in prison without the possibility of parole.

Sentencing is set for May 23, 2014 in Department 17 of the Sacramento Superior Court.

CASE: Kristopher Kilpatrick (04/16/14)

PROSECUTOR: Deputy District Attorney Amber Hawk, Human Trafficking Unit

District Attorney Jan Scully announced that Kristopher Kilpatrick was sentenced to 10 years in prison after pleading to persuading a minor to engage in commercial sex acts. He is also required to register as a sex offender. Kilpatrick is a prior sex offender who was convicted and sent to prison in 2007 for molesting a 13-year-old girl.

Kilpatrick began dating the 17-year-old victim and ultimately persuaded her to work as a prostitute, pimping her over a two month period. He posted pictures of her in various states of undress to advertise her as a prostitute on the Internet. The victim gave all of the money that she earned to Kilpatrick. He admitted during a recorded jail conversation that he maintained a relationship with the victim because she "put money in his pocket."





Carmichael Times Page 14 May 1, 2014

Tell Others that Marijuana Damages the Brain



From SaveCalifornia.com

SACRAMENTO REGION, CA (MPG)

- SaveCalifornia.com has been saying it for some time, and now new, reliable evidence backs up the fact that today's highlypotent marijuana hurts the brain.

"This study raises a strong challenge to the idea that casual marijuana use isn't associated with bad consequences," said study author Hans Breiter, psychiatry and behavioral sciences professor at Northwestern University Feinberg School of Medicine and psychiatrist at Northwestern Memorial Hospital. "Some of these people only used marijuana to get high once or twice a week. People think a little recreational use shouldn't cause a problem, if someone is doing OK

with work or school. Our data directly says this is not the case."

Sadly, marijuana activists and average Democrat politicians and liberal Republicans like former Gov. Arnold Schwarzenegger have made marijuana virtually legal in California, and now it easily gets into the hands of teenagers and young adults.

As our SaveCalifornia.com President Randy Thomasson said in 2010:

"This virtual legalization of marijuana definitely sends the wrong message to teenagers and young adults," Thomasson said. "It invites youth to become addicted to mind-altering pot because there's not much hassle and no public stigma and no rehab if they're caught."

The evidence is in -- casual marijuana use irreparably harms

New study shows how pot harms children and families

Photo courtesy of SaveCalifornia.com

the brain and the lungs, and we all ought to be using this new study to tell others the truth. Because when a teenager or young adult starts smoking marijuana, their lives start to spiral downhill.

Visit SaveCalifornia. com's special site, Marijuana HarmsFamilies.com to learn more and to share with others.

Last year, Breiter's team showed that everyday pot smoking in teenagers was, even two years after stopping, linked to brain abnormalities and to poorer working memory. "With the findings of these two papers," Breiter said, "I've developed a severe worry about whether we should be allowing anybody under age 30 to use pot unless they have a terminal illness and need it for pain."

Source: SaveCalifornia.com





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Thursday, June 12 11:30 am to 12:30 pm Thursday, July 17 Dinner 6:30 pm

East Lawn Memorial Park & Crematory 4300 Folsom Boulevard • Sacramento RSVP Required: 916.732.2000

Wednesday, April 16 • Wednesday, June 18 (Spanish & English) 11:30 am to 12:30 pm

Andrews & Greilich Funeral Home 3939 Fruitridge Road • Sacramento RSVP Required: 916.732.2026

Thursday, April 24 • Wednesday, May 21 11:30 am to 12:30 pm

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Friday, May 16 • Wednesday, July 16 11:30 am to 12:30 pm

ELK GROVE MEMORIAL PARK & MORTUARY 9189 E. Stockton Boulevard • Elk Grove RSVP Required: 916.732.2031

Reservations Required, please RSVP to the location of your choice, or to

Lisa West at LisaW@EastLawn.com Seating is limited to 30 attendees per seminar





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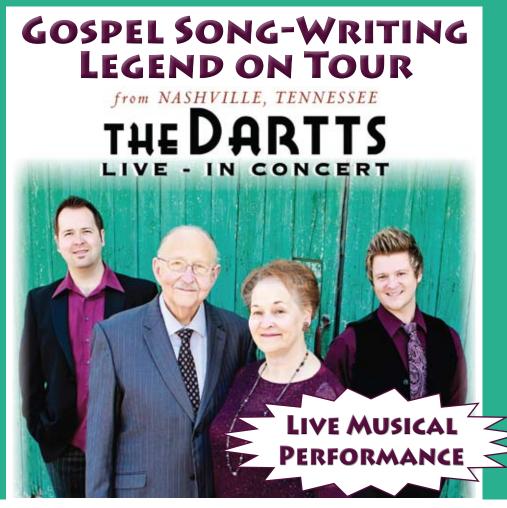
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Tracy Dartt and his musical family group, "The Dartts," are a treat to the ears of music lovers everywhere, especially if you're a fan of gospel music. Their song list flows from one style of music into another, built from a catalog of original Gospel songs they've written themselves, and it's all delivered with a smooth vocal blend and beautiful harmonies too!

The Dartts travel full time throughout the USA and abroad, doing around 200 concerts a year. Their brand new album, "Get Up and Get Your Shoes On" is a wonderful collection of freshly written songs that audiences everywhere seem to love.

The Dartts invite you to check out their full length movie, "The God on the Mountain Legacy," which has been aired on television, featured in magazines and websites.

When: 7 p.m. on Thursday, May 15, 2014 Where: Grace Baptist Church, 6724 Palm Ave. Fair Oaks, CA • (916) 967-3915

Visit www.DarttMusic.com to see a preview of the film, listen to samples of the album, and to order CDs, mp3s and the DVD.

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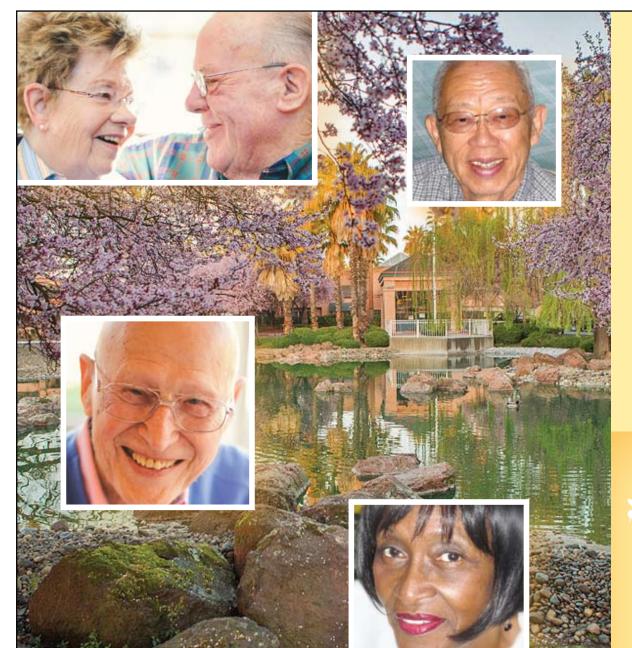
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Carmichael Times Page 16 May 1, 2014

Provo Teens Put on a Show



Story and Photos by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - Art makes you smart and professional standards are attainable at any age. These facts are self-evident to 24 kids from Provo, UT who recently favored audiences at Mission Oaks Community Center. Each Provo High Ballroom Dance team member maintains a 4.0 grade average while practicing at least eight hours per week. Equally impressive is the team's competition record: 10 Utah State Championships in 10 years. "People forget these are school kids," says their director/teacher Angela Williams. "They dance like professionals."

The week-long tour to four California cities ended with a free performance in Carmichael. Lunchtime audiences were treated to 19 dance vignettes that leaped from waltz to Latin to jive and even included a frantic romp to a Mary Poppins polka. Outfits changed with each number.

'The dancers think through their costumes as much as their choreography," says Williams. "Their goal is to change in 30 seconds or less. They can even layer costumes. They pull one off and the next outfit is underneath."

Also in costume was Williams' six-year-old son Brennin. "I had an emergency at home and needed to bring him along," she explained. "He competes in ballroom and loves dancing with the big kids. When they heard he was coming, they grabbed him for a couple of routines."

The dancers aspire to inspire as well as entertain. "My students are mentors," says Williams, "they love to share the ways dancing has helped them." Their demonstrations could encourage other children to join dance teams, stay in school, cope with bullying and aim for high grades despite after-school diversions. "Dancing is character building; you just can't do what these kids do without sacrifice."

Glamorous duds are perks. Audiences sigh at floating chiffon waltz gowns evoking Disney

princesses. "They clap for the gold cha-cha dresses, too," says Williams. "I constantly look for new costumes to add to the dances."

A 15-year tradition at Provo High, the student tour crowns competition and fundraising events. Williams praised the dancers: "They pay twothirds of the tour cost themselves, and they've been dancing solidly for nine months. It's intense work and they deserve a reward."

But visiting California is not all false eyelashes and snappy footwork. Sightseeing and the chance to enjoy sunshine while snow lies thick in Utah is a bonus. "They're teenagers," nods Williams. "Pizza and ice cream is their idea of an evening out. We don't need a curfew. By the time they get back to the hotel, they're worn out. They're all asleep by 10:30 p.m. They may dance like sophisticated professionals. But at the end of the day, the costumes get packed away and they're ordinary high school kids again."

Learn more about the Provo High dance program at www.provohighballroom.com.

FAIR OAKS CEMETERY MEMORIAL DAY AND AVENUE OF FLAGS CEREMONY

The Fair Oaks Cemetery District and the Memorial Day Ceremony Committee will be holding one of the most popular and inspiring Memorial Day ceremonies in the area again this year.

The Sixteenth Annual Memorial Day and Avenue of Flags Ceremony will be held Saturday, May 24, at the Fair Oaks Cemetery, located at 7780 Olive Street, Fair Oaks. The formal ceremonies start at 10 AM. This year's theme is to honor "Families of Fallen Heroes".

Over the years, beginning when the Plymouth Colony was at war with the Pequot Indians, the Pilgrims passed a system of compensating veterans and their families. Congress has continued through the years to improve the benefits system for the families of War.

In spite of these benefits, the families still need our emotional support. The Fair Oaks Cemetery's Memorial Day Ceremony is a fine example of how we, the community, say thank you to the families for their sacrifice.

The Fair Oaks Cemetery will be decorated with hundreds of flags lining its roadways as "The Avenue of Flags." We will also be adding more names to the Veterans Memorial Wall.

A formal Color Guard and Rifle Salute Team will provide military honors and assist with the laying of the wreath at the memorial in honor of over seventeen hundred veterans who are buried in the cemetery.

The musical program will be provided by the American Veterans Band, conducted by Warren "Bud" Turner. Refreshments will be served at the conclusion of the ceremony by the Orangevale Fair Oaks Grange & Fair Oaks Historical Society.



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the Blood Drive updates on the Facebook page of Bloodsource and Gibson Ranch Park, as well as our websites. Visitors will also see guest appearance from KSTE Talk 650 Armstrong and Getty's After Show Staff. Log on to www.KSTE.com. See Dominick, Vince and Michael Duel. Also listen to KSTE Talk 650 to win Civil War Days tickets.

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